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THE SHORTLIST



St. Paul's just/us restaurant to close following 500 percent rent hike at citypages.com

FACEBOOK: JUST/US

THE STAT SHEET:

4

Minneapolis' ranking among the best cities for working women, according to Magnify Money

\$15,000

Raise received by Minneapolis school superintendent Ed Graff

99

Age of legendary Star Tribune sports writer Sid Hartman

\$260,000

What the University of Minnesota spent on its search for a new president

"She went full Samuel L. Jackson. Never go full Samuel L. Jackson."

Reader Andrew Erskine Wheeler responds to "St. Paul woman pulls gun at Domino's over forgotten chicken wings," at citypages.com.

WE'RE NOT NO. 1

AFTER 49 PEOPLE were murdered at a mosque, New Zealand quickly showed what it's like to live in a country where the government cares more for its citizens than its lobbyists.

The prime minister announced that she would seek a ban on semi-automatic weapons. This was followed by a pledge to pay for the funerals and provide financial support to the families of the dead, whether they were in the country legally or not.

As one Twitter pundit sarcastically wrote, "Did they even *try* thoughts and prayers?"

POPULAR STORIES

AT CITYPAGES.COM

An empty arena delivers last rites to the Minnesota **GOPHERS HOCKEY** dynasty

55 House members actually **VOTED AGAINST EQUAL RIGHTS** for all Minnesotans

Southern Minnesota husband's **'DEATH PARTY'** for wife leads to murder charges

AMAZON WORKERS strike again with three-hour walk-out in Shakopee

The **POTHoles OF I-94** in Minneapolis are taking many prisoners

MORE PURITAN THAN UTAH

Minnesota now has the last 3.2 beer standing

Welp, that's... one less thing Minnesota has in common with Utah.

Until last week, Minnesota and the Beehive State (that's Utah's official nickname, by the way) were the only states left with 3.2 beer, the final holdouts in the war of attrition over watery, low-alcohol suds. Battles in said conflict were waged in Oklahoma, Colorado, and Kansas last year.

On Wednesday, Utah legislators reached a deal to get (slightly) higher-alcohol brews in grocery and convenience stores throughout the state. According to Utah Public Radio, drinkers will soon be able to snag beers "with as much as 4.0 percent alcohol by weight" during food runs. The original bill would have upped that number to 4.8 percent, something law-

makers say they're open to revisiting in the future.

"It's not everything we'd hoped for, but it is the biggest change in alcohol laws in Utah since 1933," said Kate Bradshaw of the Responsible Beer Choice Coalition.

It also makes the North Star State the only one left with 3.2 laws on the books. Considering our lawmakers just got around to letting us buy liquor on Sundays, could this be the next frontier when it comes to letting people make up their own minds about when and how convenient it is to get tipsy?

We're speculating with some wistful optimism here, but it could mean the writing's on the walk-in cooler for 3.2 beer... because 3.2 beer might soon die off altogether.

Brewers like Anheuser-Busch make special accommodations to get their buzz-



AP PHOTO/IVAN MORENO

denying beer varietal to shoppers—a standard Bud clocks in at 5 percent. (Alcohol by weight and alcohol by volume aren't the same thing; that 4 percent ABW figure in Utah is equal to about 5 percent ABV.)

But as liquor laws have evolved to allow for full-strength brews, 3.2 sales have obviously dropped, and big breweries have decreased their

production correspondingly.

Now that the only other "we'll let you drink, but just this weak shit" state has acquiesced somewhat to the hop-hunting, IPA-loving masses, it might be just a matter of time until brewers stop making their slightly beer-ish water entirely.

RIP, 3.2 brews. You probably won't be missed. —EMILY CASSEL

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MIRACLE DRUG?

WHAT CBD CAN DO FOR YOU (MAYBE)

Sometimes Marlo Corletto's job calls for her to sing the ABCs. Other times she has to try quieting a room full of hyped-up six- and seven-year olds. There's always something going on, and the noise and constant stimulus amplify Corletto's intense migraine headaches.

The St. Paul Public Schools teacher and mother of one has suffered from weekly migraines for more than a decade, and a drug cocktail of ibuprofen, Excedrin, and a doctor-prescribed medicine, Sumat-

riptan, didn't help. Side effects from the prescription drug include drowsiness and dizziness, not to mention cardiac arrest and seizures.

"I was so worried about what it would do to my brain, squirting these chemicals in my nose," Corletto says

of Sumatriptan. "Sometimes taking it a second time would make [the migraines] go away, and sometimes it wouldn't."

Corletto has found a new treatment for her intense head pain, one she says

has cured her symptoms without any health risks or side effects. None she's aware of, anyway.

By

KEITH SCHUBERT

other ailments. "I never even smoked marijuana, so I was skeptical."

Two weeks after trying CBD, Corletto says, her migraines went from weekly to bi-weekly. Eventually she had only one

a month. After a while they "evaporated into thin air."

Corletto's is one of many anecdotal success stories about CBD, which users credit as a cure for everything from cancer to acne. Many of these claims aren't backed up by research or science, at least not yet, and the drug is considered almost entirely illegitimate in the eyes of federal and state regulators.

More and more users are diving into what's essentially an unregulated market for an unknown substance, all while hemp farmers, manufacturers, and store

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Marlo Corletto says painful migraines “evaporated into thin air” after a few months of regular CBD use.



owners are taking the sudden hype about this would-be wonder drug to the bank.

CBD, SHORT FOR cannabidiol, is the second-most popular molecule derived from the cannabis plant, behind THC. The big difference between the two compounds: CBD doesn’t contain the psychoactive ingredient in THC that gets you high.

“Basically, you can think of CBD as THC light,” says Peter Grinspoon, a Harvard Medical School instructor and Doctors for Cannabis Regulation board member. “CBD doesn’t do as much for treatment of pain, sleep disorders, or anxiety as THC,” Grinspoon says, “but it also doesn’t have the main side effect, which is intoxication.”

Ingestion of CBD is a user’s choice. You can eat it, smoke it, drop it on your tongue in liquid form, or apply it like a lotion. Some users even throw it into a bathtub as a bath bomb. The products can be found everywhere from smoke shops to local co-ops to Walmart.

With the 2018 Farm Bill, the federal government removed hemp from the Controlled Substances Act, meaning it’s no longer a banned substance. It also reaffirmed the authority the Federal Drug Administration (FDA) has “to regulate products containing cannabis or cannabis-derived compounds”—like drugs and dietary supplements.

The law defined hemp as cannabis with less than 0.3 percent of THC. Prior to that passage, both hemp and marijuana had been considered Schedule 1 drugs.

Minnesota came around to hemp almost as slowly as the feds, with a closely overseen industrial pilot program approved in 2015.

In its first year, the program had seven applicants and six growers. So far in 2019, there have been 310 applicants, 200 growers, and 110 processors, according to MDA data. The dramatic increase strongly correlates to the increasing popularity of CBD, according to Margaret Wiatrowski, a program director with the Minnesota Department of Agriculture.

More people are also interested in growing hemp, mostly for CBD, indoors, where the plant can blossom year-round. In the first two years of the hemp pilot project, there weren’t any indoor hemp operations. That changed last year, with a combined 50,000 square feet dedicated to it, according to MDA data. This year the figure will be a proposed 450,000 square feet.

About 75 percent of people applying for hemp licenses are focused on CBD, largely because of the money to be made in the budding industry. Farmers can make

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up to \$90,000 per acre of CBD-focused hemp, Wiatrowski says.

Minnesota law considers anything that is intended to be used for the “diagnosis, cure, mitigation, treatment, or prevention of disease” as a drug.

Store owners like Steven Brown, CEO of Nothing But Hemp (a CBD-focused Minnesota/Wisconsin chain), have a way around that. Simply put: Don’t tell a customer CBD cures anything, and don’t make any guarantees.

Brown, who uses CBD himself, sells eight core brands to his consumers, who he says are overwhelmingly 45 years old and up. Brown has a story about one sufferer of Parkinson’s who tried CBD and

overdose. He was later taken to a PTSD-specific rehab clinic where, he said, “They just kept pushing pills down my throat.”

Egan says he’d be dead by now if he hadn’t discovered CBD. Pharmaceuticals left him “in a state of hopelessness,” and utterly dependent on drugs “despite the side effects.”

Since June 2015, when Egan left the military and started experimenting with cannabinoids, he’s spent his life thinking about and working with hemp. He owns a 20-acre hemp farm in Frederick, Wisconsin and a processing facility in Egan.

He had six brain lesions when he left the army, and now has only two; he credits this recovery to CBD, which he also thanks

“It has enabled me to go outside, it has enabled me to go to the grocery store, it has enabled me to be a functioning member of society.”

— (STEGAN EGAN, CBD USER)

“came back with tears in his eyes, hugged us,” and told them about finally sleeping through the night.

That story might be true, but the patchwork quilt of regulations, each area grayer than the last, means CBD sits in the middle of a massive loophole—one entrepreneurs like Brown and consumers like his Parkinson’s customer are marching right through.

Minnesota Board of Pharmacy Executive Director Cody Wiberg says CBD is obviously being sold as a drug, even though no one’s overseeing it as such. “But at this point we aren’t doing anything. We literally don’t have the resources to enforce this.”

AFTER SERVING 10 years in the United States Army as a counterintelligence agent, Stefan Egan returned home with a gunshot wound, brain injuries from IED explosions, and post-traumatic stress.

Doctors, both while he was deployed and back stateside, prescribed the Minneapolis resident opioids—roughly 6,500 doses in a two-year period, according to Egan. “It wasn’t hard to get them; doctors were willing to do anything to keep you in the fight.”

He says his squad was also given Adderall-like drugs to stay alert and Valium-like substances to come down after. Now he’s mostly using just one drug, CBD, and thinks soldiers could serve longer tours if that was an option.

In fall 2014, after returning from one final tour in Iraq, Egan had an emotional breakdown and attempted suicide by opioid

for the disappearance of his depression and anxiety.

“I finally get to be a husband and a friend again. I am living life,” he said. “It has enabled me to go outside, it has enabled me to go to the grocery store, it has enabled me to be a functioning member of society... I was at my wit’s end. There was nothing else left. [CBD] helped me live.”

BROWN, THE OWNER of Nothing But Hemp, says he’s aware of products on the market that contain metals, including lead. (Ingesting lead would, if anything, likely make a mental health sufferer’s symptoms worse.) Since 2015, the FDA has sent warning letters to nearly 50 companies that have been found misleading consumers about CBD products.

Despite these risks, Brown says CBD’s rapid rise in popularity can be set at the feet of the very regulators who aren’t paying attention to his industry. “Consumers are saying ‘FU’ to the FDA and DEA, and are saying, ‘You created this opioid epidemic, and there is a product here that is much safer than these other products you are giving us.’ So how is this illegal?”

Since the FDA has done clinical studies of two drugs containing CBD, companies can’t market CBD products as having health or therapeutic value. The lone FDA-approved drug, Epidiolex, is intended to treat seizures associated with two rare types of childhood epilepsy.

For its part, the federal government has left states in the dark on how to regu-

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late hemp products. The department has planned “listening sessions” to get public input, but for now states are on their own. Despite the recent announcement that FDA Chairman Scott Gottlieb would be resigning, the FDA said there is no change in its plan to develop federal regulation pathways for CBD.

THE ABSENCE OF OVERSIGHT is the biggest problem surrounding the sale and use of CBD, according to Grinspoon. There is far more knowledge about the benefits and risks of other drugs. The government knows more about processed cheese in the dairy aisle than it does about this purportedly miraculous and mind-mending substance.

“If I prescribe a blood pressure drug,” Grinspoon says, “you know you’re getting the correct dosage.” But that is not the case for CBD, he says.

Nothing But Hemp’s Brown says one dirty trick he’s seen companies pull is slapping an American label on foreign CBD products and marketing them as coming from an American company.

Brown has teamed up with hemp farmers, processors, and advocates to form the Minnesota Hemp Association. The group, now in its infancy, has an ambitious mission: tighten regulation, enforcement, and consumer protection, while also educating consumers, law enforcement, and lawmakers about CBD.

If everyone hawking CBD in the state had to get products third-party lab tested, he thinks a lot of products currently for sale would come off the shelf.

Brown said he also makes sure all his employees go through supplement compliance training, which he learned as a GNC employee, to circumvent the reality that CBD is not presently an FDA-approved drug or supplement. Instead of saying,

Some CBD products available at Nothing But Hemp: skin cream, soap, bath bombs, hemp honey, and gummies.

“CBD can help your anxiety,” employees say, “Some people use CBD to help their anxiety.” He said he wants this type of training to be the industry standard.

Brown puts CBD above and beyond pills marketed on making people feel youthful, lose weight, or feel more manly. He says he’s heard too many success stories about CBD, and that, plus the minimal research already done, sets his supplement of choice apart from hucksters duping people looking for help.

He’s got at least one friend in a high place. State Sen. Karla Bigham, DFL-Cottage Grove, broke her foot last year and underwent three surgeries. She developed bone spurs (a painful condition known to sometimes sideline professional athletes) and painful stiffness in the foot. Doctors prescribed opioids for the pain, but she stopped using them after the first surgery because of how nauseated and dizzy they made her feel.

After months of pain and difficulty walking, Bigham, a former member of the Washington Board of Commissioners and one-time Minnesota House member, looked into CBD.

“If it would have gotten me high, I would not have tried it,” Bigham says. She began taking one dose of a CBD tincture before bed every night. Earlier this month, six weeks after starting the course, she celebrated her 40th birthday by snowshoeing and ice fishing in northern Minnesota. “I can even run again; it’s like I never even broke my foot,” she said. The CBD also helps with inflammation and pain from her arthritis.

“I think this is another tool in the toolbox for people to deal with pain,”

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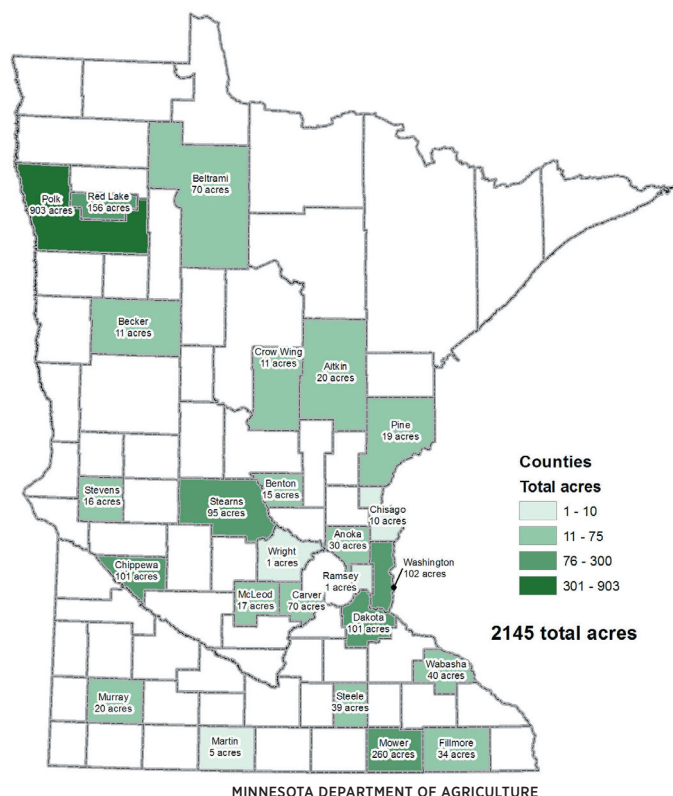


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Bigham says. “It is non-addicting, comes from a natural plant, and it really has provided relief.”

Anything that’s getting people off opioids is a good thing, in Bigham’s eyes, and many people are already relying on CBD to deal with common ailments like pain, PTSD, and nervousness.

“The genie is out of the bottle,” she said. “It is widely consumed and has benefits. I wouldn’t say it is a cure-all, but I would say it is a supplement that helps with inflammation and anxiety.”

Bigham’s personal experience inspired her to introduce multiple bills on industrial hemp and CBD. She wants to remove any ambiguity about the legality of hemp and hemp-derived products. She blames the FDA for inaction.

“We need to get everyone on the same page,” Bigham says. “We need to make sure everyone understands that this is a legal product you can purchase for human consumption.”

Another bill she authored would legalize the sale of industrial hemp to medical marijuana farmers in Minnesota, and she’s planning a third, that would establish some state regulations around CBD, like requiring all CBD products sold in the state to be third-party tested to ensure quality and truth in labeling.

Despite the failure of recreational cannabis in the Senate this session, on CBD, Bigham is confident there’s interest among other lawmakers in “getting a safe product on the market.”

AT PRESENT, CBD’S popularity comes almost entirely from word-of-mouth and personal testimonies rather than medical research.

As FDA leader Scott Gottlieb said at a recent policy conference: “While we consider [regulation] issues, it’s important to note that CBD isn’t risk-free. There are potential risks associated with its use.”

Because hemp was considered a Schedule 1 drug for so long, research on it has been suppressed, and nearly impossible.

George Weiblen is a plant biologist at the University of Minnesota and has been studying cannabis genetics since 2002. He says it’s “virtually impossible” to research cannabis and how it affects humans compared to any FDA-approved substance. “Everything we do is only possible through a DEA research registration. We are bound by lots of regulations and requirements.”

The bulk of approved research to date has focused on cannabis as a recreational drug and its potential harm, rather than the therapeutic potential of cannabinoids.

Typically, when a company is commercializing a medicine, both the therapeutic benefits and the risks and side effects are studied. But because hemp was a Schedule 1 drug, and cannabis still is, in the eyes of the law there is no benefit exceeding the risks it poses to public health and safety, Weiblen says.

There are more studies and more attention being paid to CBD and cannabis now than ever before, and cannabis is having a moment. “It’s going from having a status of



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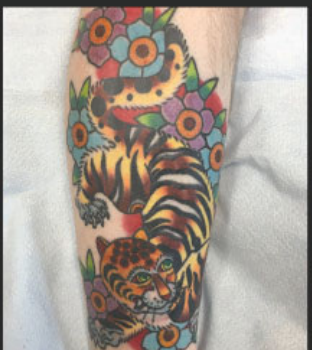
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being an illegal and socially irresponsible thing to something that's suddenly gaining acceptance and interest," Weiblen says.

But the popularity's outpacing the regulatory side. "There was a time that you couldn't trust that what was being sold as alcohol was actually alcohol. People were selling methanol; people were selling wood alcohol. You get poisoned, you get sick. And that is why the government regulates alcohol like it does tobacco and firearms. It's a safety issue."

In the case of CBD, Weiblen says it's like other nutritional supplements: faddish. He compares it to the pet rock. He's not sure how much longer CBD hype will last, but concedes he's "pretty sure there will be some legitimate CBD therapy for the

ness, and it has a very good brand, so they make the step that it provides wellness in other realms of life." He gets why, but the idea that the same substance helps with insomnia and longer eyelashes leaves him "a little mystified."

CBD is just one of the hundreds of cannabinoids in cannabis being researched right now, Grinspoon says, and he's hopeful we'll someday have more answers about what they do, and what they don't. "There is unlimited for the potential for this research."

TABITHA TREBESCH, 41, from Cambridge, is in a better mood now since switching to CBD to treat her fibromyalgia. The drug she took for her condition can cause

"It just seems ridiculous that people claim everything and anything for CBD. I guess it is a free country."

— (PETER GRINSPOON,
HARVARD MEDICAL SCHOOL)

long term. But what that looks like and who it will help, I have no idea."

Animal testing of CBD shows it may help alleviate conditions like insomnia and pain. "The research is going to go on," Grinspoon says, "and we are going to have answers to its medical efficacy one way or another."

For now, the onus to research CBD is on the consumers. Grinspoon's advice: Ask the seller for lab tests showing the product is what it claims to be.

The two biggest misconceptions people have about CBD, according to Grinspoon, are that the product you buy is the product you are getting, and that it has "magical powers."

"You can get good quality CBD. You just can't be guaranteed to get good quality CBD," Grinspoon says. "You just can't go and assume that shot of CBD you get in your coffee or the CBD lollipop that you get at the local store is actually high quality."

In regards to these so-called magical powers, Grinspoon said he's frustrated at some of the marketing behind CBD products like makeup, which suggest, for example, that CBD-infused mascara can make eyelashes grow longer.

"It just seems ridiculous that people claim everything and anything for CBD," Grinspoon says. "I guess it is a free country, but it just seems sort of predatory and misleading to claim benefits for CBD where there is absolutely no evidence."

Attributing wild success stories to CBD trivializes it as a legitimate medicine, Grinspoon says. "People associate it with well-

side effects including shaking, depression, and unusual eye movements. The prescription drug wasn't working for her, and she worried about getting addicted to opioids, as some of her friends have. She's seen the depression and lethargy opioids bring on.

Now the mother of two takes CBD and nothing else, and says not only have her symptoms improved, she's got more energy. A friend, Bobbi Irish, suffers from "tennis elbow," and, after recommending CBD to Trebesch, decided to try it herself. After two years in pain, she reports it "was gone in seconds after I rubbed the oil on."

Irish also found that CBD helps anxiety. She had some of that, by the way, when she first started using CBD, fearful friends would act like she was buying pot. Now that it's more mainstream, she can use openly without judgment. Forget judgment.

Marty Schmidt's ready to be an evangelist. With gymnastics, 40 years of physical labor, and being hit by a semi-truck, Schmidt, 65, has put his body through a lot.

Since discovering CBD, his pain's gone down dramatically. "It seems too good to be true," says Schmidt. "I did a woodworking project the other week. I haven't done woodworking in 10 years."

The Forest Lake man takes two 25-milligram CBD gel capsules a day, and says anxiety, pain, and insomnia are manageable, giving him increased ability to focus. And he's in a better mood.

"I haven't said the F word in a month. And I used to say it a lot." **CP**

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BY PETER GROYNOM

Stepping into a modern coffee shop is like playing a game of aesthetic bingo.

The walls will be decorated with white tile arranged in geometric shapes. The floor is poured concrete, dark wood, or more tile. Regardless of its composition, it will be polished to a shine, illuminated by natural light.

Symmetry is the guiding principle: Tables are uniform and small, with just enough room for two people to work via laptops. Color? Not here, save for accents of neon, copper, or rose gold. There is neither dust nor an object out of place.

Every surface awaits your hashtags.

A generation ago, in the so-called second-wave coffee shops of the 1990s, things looked and felt different. As someone who did homework in coffee shops back then, and does work-work in them now, I appreciate the merits of both. (The Twin Cities' croissant game is ridiculously strong at present.) But I love that a few coffee shops here still maintain the '90s aesthetic in all its glory. These spaces allow us to time travel whenever we're in the mood.

At **JS Bean Factory** in St. Paul (1518 Randolph Ave.), the floor is half red-and-black tile, half hardwood. It looks as if it were stained and polished once, years ago, but is now scuffed in patterns extending from the front door. One wall is covered in corrugated aluminum; others are painted primary yellow and red. Long blackboards list coffee drinks written by a human hand wielding actual chalk, and the beans (roasted on site) are listed on white dry-erase boards. Baked goods come from PJ Murphy's, a few blocks down the street: doughnuts and muffins and cookies and scones, piled together in a single case.

There's a map of the world and photos of customers holding up J&S bags in front of global landmarks. The feeling is one of community, and it extends to the items for sale near the register, like locally made earrings, soap, painted postcards, acoustic guitar CDs. It's as if the neighborhood came together and assembled a sort of bazaar. Did I mention there's a collection of aromatherapy sprays?

On a recent visit, the small room was packed, and though no music was playing, the mood was lively, full. As at a lot of second-wave coffee shops, people were clearly meeting up with their Friends. I spotted only a handful of laptops.

HOLD THE HASHTAGS

An ode to the not-made-for-Instagram coffee shop



SHELBY LANO

At **Cahoots**, also in St. Paul (1562 Selby Ave.), one wall displays vintage plates, wooden figurines, and framed art, much of it for sale. A giant, wireless printer and a sign for it, both faded by the sun, sit next to the baked goods case, where fudge brownies sit in their own plastic deli containers. There's a tall cooler for soft drinks, and its internal fan adds a layer of white noise to the atmosphere. Next to it is a bookcase of used paperbacks and hardcovers to either peruse or purchase. Above your head hangs a pressed tin ceiling the color of marinara.

The furniture could have been chosen at random—and it very well may have been—with laminate-topped tables and chairs taken directly from a late-'80s conference room. On Sundays, many are occupied by students studying, sharing handwritten notes, and offering each other headphones to check out some music. The room feels

Bohemian and maybe a little dusty, but the vibe is comfortable and easygoing, partly because Cahoots has been around for decades. It opened in 1994, a quarter-century ago, and a lifetime before condos, anonymous and monolithic, began to invade the neighborhood.

I thought about this during a recent visit to **Blue Moon Coffee Cafe**—I should say both recent and final, as Blue Moon closed at the end of December after a nearly 25-year run on East Lake Street.

But to take a step back and remember Blue Moon as it was: One section of the room felt exactly like a '90s apartment: stuffed thrift-store chairs, coffee table, well-worn couch. Walls were painted pale yellow, the ceiling a bleached purple. A string of Christmas lights and ornaments in a cluster of branches that sat atop a little bar facing the espresso machine and a series of small fridges. (The bar was made out

of glass block, a decorative flourish from the decade before even the '90s.) Some of the tables (again, laminate-topped) were uneven, propped up by folded coasters. The hardwood floor had seen dozens of winters' boots clomp into the room.

As with JS and Cahoots, people plugged their devices into power strips—the room was constructed in an era before we all had one, two, or three lithium-ion batteries on us at all times. At Blue Moon, too, locally painted postcards were for sale. A stack of board games overwhelmed a bookcase, each box's cardboard peeling and raw in places, evidence that they had been played many times over the years.

These spaces allow us to time travel whenever we're in the mood.

At each of these spots, it struck me why second-wave, '90s-style coffee shops are so comfortable, even if there are fewer and fewer of them all the time: because a human touch is in every choice. The furniture, usually secondhand, is a mish-mash of found objects. The paint job was chosen to suit the taste of the people who work there. Each handwritten sign was scrawled by someone who's probably pulling your espresso shot right now.

These spaces have character and a specificity to them, and because of that, you feel like you're in the home of a friend or a family member. You're not necessarily here to work, you're here to socialize, to get caught up, to unplug, to maybe read a book.

When you order coffee, it will be decanted from a large aluminum urn (and it will, in all likelihood, be bitter from over-roasted beans). The impression is that someone just invited you into their home, brewed a pot, and are happy to pour you some. It will be served in Fiestaware or thrift-store mugs and they'll pass it to you as if you're in their kitchen.

You might take your coffee back to the table and ask your friend about their day. A few others might join you. Maybe you'll grab a copy of Balderdash from the pile of board games and you'll play a few rounds. You should: You're all friends here. ☐

A LIST

FRIDAY *Little Women* turns 150 p. 24

SATURDAY Beer, barbecue, and bands at two breweries p. 28

TUESDAY Nora McInerney's book party p. 29

WEDNESDAY 3.20

FILM/MASTERPIECES

OUR ROBOCOP REMAKE

TRYLON CINEMA

For years, Trash Film Debauchery has been screening terrible B-movies, low-budget schlock, and failed blockbusters that time forgot. This spring, the crew is moving into new territory, bringing us amateur remakes of classic flicks. The epic trilogy kicks off with *Our RoboCop Remake*, a majestic collaboration wherein 55 directors each created their own scene and they all add up to an entire movie. There will be charmingly bad line readings and amazing shoestring special effects. Hardcore punk band MURF will also be on hand to debut a new music video and share the trailer they made for this Frankenmovie. Upcoming screenings in this series include a remake of *Raiders of the Lost Ark*, created over six years by a group of friends who started the project when they were 12, and *The Empire Strikes Back Uncut*, a fan-made shot-for-shot work that features live-action sequences, stop-start animation, and cardboard cutouts. 7 p.m. \$5. 2820 E. 33rd St., Minneapolis; 612-424-5468. —JESSICA ARMBRUSTER

THURSDAY 3.21

FILM

ADVENTURE MN FILM FESTIVAL

LAKES & LEGENDS BREWING COMPANY

Adventure MN Films is hosting a series showcasing the work of Minnesota filmmakers who are highlighting the Land of 10,000 Lakes' many wonders. Tonight's event features a screening of eight short films ranging from four to 20 minutes in length. There will be a Q&A session with the filmmakers after the viewing, and, of course, lots of beer flowing. The kickoff event will be largely focused on Minnesota's waterways, but there will also be sled dogs, ultra runners, and #BoldNorth references. 5 p.m. \$10. 1368 Lasalle Ave., Minneapolis; 612-999-6020. **Every other month through November** —LOREN GREEN



Composer Julianna Barwick, along with Ben Frost and Angélica Negrón, shares music inspired by 12th-century mystic Hildegard von Bingen.

COURTESY OF EVENT ORGANIZERS

ART/PARTY

THIRD THURSDAY: WOMEN ARTIST

MINNEAPOLIS INSTITUTE OF ART

This installment of Third Thursday will highlight the accomplishments of female creatives. Gallery tours will take time to consider the work of women artists. Music will also play a central role in tonight's proceedings, with pop-up performances from rocker Monica LaPlante, dance/pop artist Nyasia, and DJ Rowsheen. Meanwhile, Mia's MAEP Gallery will be hosting an opening reception for "Sieng Lee: Siv Yiv and His Wooden Horses." For the project, Lee consulted with renowned shaman Wa Leng Lee to explore what immigrants

give up when they assimilate into American culture. 6 to 9 p.m. Free. 2400 Third Ave. S., Minneapolis; 612-870-3131. —JESSICA ARMBRUSTER

PERFORMANCE

CANDIDE

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Based on the 1759 novella by Voltaire, *Candide*'s satirical storyline follows its titular character as calamity drives him from a sheltered upbringing to a journey of discovery. Along the way, he reunites with long-lost acquaintances, falls in and out of love, and has his youthful optimism assailed by a world that is indifferent, chaotic, and sometimes outright cruel. Though the narrative is shaped by a philosophic tension

between idealism and pragmatism, the staging boasts the rapturous spirit of adventure, particularly under the acclaimed 1999 reworking by John Caird, which skillfully honors the original text while maintaining the soaring score by Leonard Bernstein (with contributions by Stephen Sondheim and Richard Wilbur). Such notable qualities are certain to be imaginatively rendered by the talents of Theater Latté Da and VocalEssence in this limited engagement at Cowles Center. This production includes a full orchestra, a 60-member chorus, and an ensemble cast. Find tickets and more info at www.vocalescence.org. 7:30 p.m. Thursday through Saturday; 2 p.m. Saturday and Sunday. \$35-\$45. 528

CONTINUED ON PAGE 24 ►



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Readers' Choice Poll

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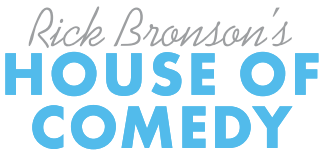
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THEATER

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The townsfolk of Beldenville, Maine don't believe the local legend of a troll who lives in an old train tunnel. That changes after a child disappears, never to be seen again. In *The Beldenville Troll*, creator/director Joel Sass spins a tale full of fantasy, humor, terror, and a bit of romance. It's a sequel of sorts to Sass' 2017 production of *The Red Shoes*, in which he set Hans Christian Andersen's fairy tale in the 1940s. *The Beldenville Troll* also updates a mythical story by giving it a modern setting. The audience will play detective, sorting out conflicting recollections regarding a strange village boy who may or may not be a troll-child. An exhibition of objects from Beldenville—including troll bones, dioramas, and old photography—will be on display for audiences to view before and after the show. The production features Sass' brilliant setwork, and performances by a cast of three who double as actors and puppeteers. The show is rated PG-13 due to adult language and scary images.

Teenagers and adults are invited—if they can handle the frights. 7:30 p.m. Thursdays through Saturdays, plus Monday, April 8; 4 p.m. Sundays. \$15-\$24; \$5 preview show March 21. 506 E. 24th St., Minneapolis; 612-874-6338.

Through April 14 —SHEILA REGAN

FRIDAY 3.22

THEATER

LITTLE WOMEN

THEATRE IN THE ROUND

Considering the enduring popularity of Louisa May Alcott's *Little Women*, it should come as no surprise that the 150-year-old story ranks among the works most adapted for stage and screen. Much of this affinity derives from the heartfelt depiction of four sisters, diverse in personalities and unified by emotional bonds. Set during the Civil War, the story centers on Meg, Jo, Beth, and Amy March as they balance their own hopes and dreams against family responsibilities and social expectations. Within such a framework, contemporary readings can uncover a wealth of cultural subtext, particularly at a time when gender inequities are being re-examined. That said, *Little Women* isn't a sociological exposé, but an affectionate portrayal of sisters coming of age during an exceptionally harsh era, yet still sharing

an empathetic pang of harbored crushes and restless heartache. These sentiments are given particular potency in English playwright Peter Clapham's adaptation, as presented by Theatre in the Round Players. 7:30 p.m. Fridays and Saturdays, plus Thursday, April 11; 2 p.m. Sundays. \$18-\$22. 245 Cedar Ave., Minneapolis; 612-333-3010.

Through April 14 —BRAD RICHASON

BOOKS/MUSIC

**MARK MALLMAN BOOK
RELEASE PARTY**

7TH ST. ENTRY

In his new book, *The Happiness Playlist*, rocker Mark Mallman writes about how he got over crippling anxiety

and depression following his mother's death. Mallman relays how he came up with the idea of creating a playlist filled only with tunes that inspire happiness. Part memoir, part reflection about his relationship to music, the work is also filled with conversations with local musicians and music writers as they discuss music, culture, and mental health. Candid and raw, this is an inside look at one person's journey to the other side of an extreme mental health episode. It's also a wonderful portrait of the Twin Cities music scene. For the book's release party, Mallman will play a full rock show, along with 26 BATs and Gabe Barnett & Them Rounders. Mallman will also be signing books and vinyl. 18+. 8 p.m. \$12/\$14 at the door. 701 First Ave. N., Minneapolis; 612-332-1775. —SHEILA REGAN

CONCERT

**MODERNMIEVEAL:
THE LIVING WORD**

SUMMIT CENTER FOR ARTS & INNOVATION

Several years ago, the Swedish folk-electronic-metal band Garmarna gave a luminous performance in a St. Paul church of their album based on the life and poetry of Hildegard von Bingen (1098-1179). A visionary nun, herbalist, composer, and author of nine illuminating texts on science and religion, von Bingen continues to inspire legions of artists with her teachings on the Feminine Divine and the power of nature's life force. Most recently, composers Ben Frost (Icelandic by way of Australia), Angélica Negrón (Puerto Rico), and Julianna Barwick (U.S.) have made work inspired by the 12th-century mystic. They perform their ambient, avant-garde compositions during this evening co-sponsored by the Walker Art Center and SPCO's Liquid Music Series. Listen and feel the wisdom of the ages reverberate

CONTINUED ON PAGE 28 ►

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MAR
29

TREVOR HALL

WITH DIRTWIRE

MAR
30

EPIK HIGH

APR
01

MOTT THE HOOPLE '74

WITH THE SUBURBS

APR
02

JERSEY JAM DANCE PARTY

WITH DJ ADVANCE AND FRIENDS

APR
06

STICK FIGURE

WITH THE MOVEMENT,
THE ELOVATERS

APR
11

KIND COUNTRY ALBUM RELEASE

WITH THE WOOKS, GINSTRINGS,
DANNY Q & THE SWEATBAND
HOSTED BY HEATBOX

APR
12

TRANSMISSION'S 18TH ANNIVERSARY FT. DJ JAKE RUDH

APR
13

TIM HEIDECKER AND GREGG TURKINGTON

APR
18

PALACE THEATRE

TORI KELLY

MAR
21

JENNY LEWIS

WITH serengeti

MAR
29

BOB MOULD BAND

WITH PORCUPINE

MAR
30

AN EVENING WITH THE TALLEST MAN ON EARTH

MAY
03

PASSION PIT

WITH THE BEACHES

MAY
14

FITZGERALD THEATER

SPIRITUALIZED

APR
08

LUCINDA WILLIAMS AND HER BAND BUICK 6

APR
13 & 14

JOEY DIAZ

APR
19

NEKO CASE

WITH SHANNON SHAW
(of Shannon and the Clams)

MAY
01 & 02

LUCIUS

WITH PURE BATHING CULTURE

MAY
10 & 11

FINE LINE

THE BLUE STONES

W/ LAVENDER DAUGHTER

MAR 23

YOB AND VOIVOD

W/ AMENRA

MAR 26

HÆLOS

W/ AARON RICE

MAR 27

SHING02 & THE CHÉE-HOOS

W/ MIKE 2600

MAR 20

TENDER

MAR 24

THE VIOLET NINES

EP RELEASE
W/ BLUEHOUND, LAZY SCORSESE

MAR 29

COM TRUISE

W/ JACK GRACE, ginla

APR 02

WILD BELLE

APR 03

SPIRAL STAIRS

W/ LowRoy, TEENAGE STRANGLER

MAR 21

JERRY PAPER

W/ HEALING POTPOURRI,
LARRY WISH & HIS GUYS

MAR 25

TURF CLUB

THE TRONGONE BAND

W/ JORDAN CARR

MAR 20

SAM CASSIDY

ALBUM RELEASE
W/ KISS THE TIGER, UNDER VIOLET (TRIO)

MAR 21

AN EVENING WITH GHOST LIGHT

MAR 22

MARK MALLMAN BOOK RELEASE W/ 26 BATSI!, GABE BARNETT & THEM ROUNDERS

MAR 22

VINNY CROOKS RELEASE SHOW

W/ DESTINY ROBERTS, KPW, & MORE

MAR 26

STEPHEN KELLOGG

W/ PETE MULLER

MAR 23

CASH'D OUT

W/ CORPSE REVIVER

MAR 25

ROBERT ELLIS

W/ IAN O'NEIL (OF DEER TICK)

MAR 26

OH PEP!

W/ NAIA IZUMI

MAR 23

VIAGRA BOYS

W/ POTTERY, IV

MAR 27

AROUND TOWN

TOBE NWIGWE

AMSTERDAM BAR & HALL

MAR 22

NEYLA PEKAREK

THE CEDAR CULTURAL CENTER

MAR 27

TOKEN

W/ KUR
AMSTERDAM BAR & HALL

MAR 28

OLIVIA O'BRIEN

W/ KEVIN GEORGE
AMSTERDAM BAR & HALL

APR 03

AVEY TARE

W/ LIPSTICISM
AMSTERDAM BAR & HALL

APR 07

UP NEXT AT THE ORDWAY

CHERISH THE LADIES

THU MAR 21



CLASSIC ALBUMS LIVE PRESENTS THE BEATLES — ABBEY ROAD

SAT MAR 23



MARTIN SEXTON

WED APR 17



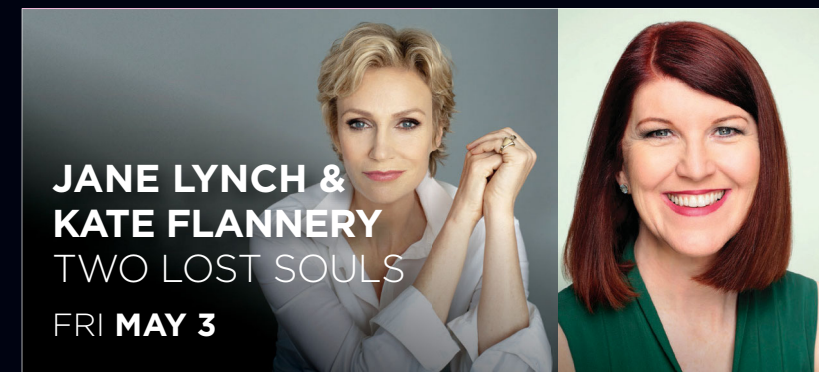
BLACK VIOLIN

FRI APR 19



JANE LYNCH & KATE FLANNERY TWO LOST SOULS

FRI MAY 3



DREAM THEATER

THU MAR 28



MONTY PYTHON'S SPAMALOT

APR 2-7

FROM THE BUENA VISTA SOCIAL CLUB™ OMARA PORTUONDO LAST KISS / ULTIMO BESO

SAT MAY 4



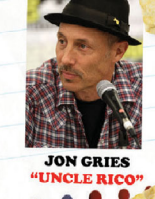
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SATURDAY BARHOPPING SMOKE SIGNALS

INSIGHT BREWING

This Saturday marks the return of Smoke Signals, an annual barbecue competition at Insight. Three competitors will vie for a trophy, while revelers get to eat the results. In addition to the beer hall's regular offerings, special selections will be tapped on the hour. That includes a Mango Dankbot, a Triple Shot Ban-
shee Cutter, a Dandelion & Elderflower Brut IPA, a Strawberry Kiwi Lager, and a Smoked Chili Scotch Gravity Well. UP Coffee Roasters

will be serving up their own fresh brew during the day, and Glam Doll Donuts will bring some sweet treats. Bluegrass bands will play tunes all day, with the Roe Family Singers, Pistol Whippin Party Penguins, and Wailing Loons on the schedule. All ages. Noon to 10 p.m. Free; \$2 drink wristbands. 2821 E. Hennepin Ave., Minneapolis; 612-722-7222. —JESSICA ARMBRUSTER



SMOKE SIGNALS

CONTINUED FROM FRIDAY ►

throughout your body. 8 p.m. Friday and Saturday. \$20-\$25. 1524 Summit Ave., St. Paul; 651-291-1144. **Through Saturday** —CAMILLE LEFEVRE

SATURDAY 3.23

BARHOPPING BREWS, BANDS, & BBQ

MODIST BREWING CO.

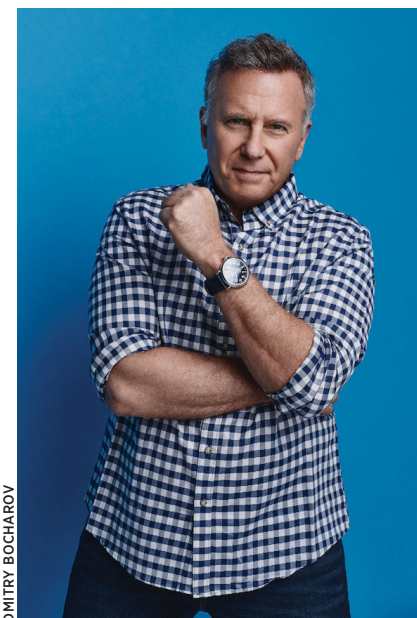
Got the winter blues? Now in its third year, Brews, Bands, & BBQ is set to take them away. Admission includes two pints of beer, two sliders (chicken or pork), and a side dish from ZZQ Smokehouse. Modist will have two special infusions for the night, and there will be cash sales for those who want more food and drink. The music lineup features the bluegrassy Barbaro, the funky Jaedyn James & the Hunger, the soulful Annie Mack, and blues-rockers Corey Medina & Brothers. Find tickets at getknitevents.com. 5 to 11 p.m. \$40/\$50 at the door. 505 N. Third St., Minneapolis; 612-454-0258. —LOREN GREEN

COMEDY PAUL REISER

PANTAGES THEATRE

Paul Reiser is probably best known for creating and starring in the hit sitcom *Mad About You*, as well as his more recent work in the critically acclaimed *Red Oaks* and the wildly popular *Stranger Things*. People sometimes forget, though, that he's also a standup

comic. "I kind of put that on the back burner and neglected to get back right away," he says. "What's funny to me is when people say, 'I didn't know he was a comedian too,' because I think that's all I do." He understands the confusion since he took a long break from standup. After all these years, his comedy style has remained unchanged. "I'm often struck by how similar the through line is," he says. "I circle back and realize I did an early version of this 30 years ago. This is just a newer version. The things I'm interested in and drawn to have remained the same." One difference he's noticed is that he's never been more comfortable onstage. "When I went



DMITRY BOCHAROV

A-LIST

Nora McInerny kicks off her second memoir with a party.



BRANDON WERTH PHOTOGRAPHY

back out on the road after all those years it was a different point in my life," he says, "and audiences knew me. It's was like getting tougher with old friends, because the audiences largely grew up on *Mad About You*. It just feels a lot more organic, and as much as I loved doing it the first time, it's even more fun this time around." 8 p.m. \$37.50-\$42.50. 710 Hennepin Ave., Minneapolis; 612-339-7007. —P.F. WILSON

ART FREE INK DAY

HIGHPOINT CENTER FOR PRINTMAKING
This Saturday marks the return of Highpoint's ever-popular Free Ink Day, an afternoon where the organization invites people to get creative and try out their tools and techniques. The afternoon will focus on watercolor monotype, a practice that yields pieces ranging from dreamy abstracts to evocative landscapes. Folks who stop by will receive a quick orientation before creating an original work using water-soluble materials and an etching press. This is a kid-friendly happening, but adults are welcome to come in and make prints as well. Noon to 4 p.m. Free. 912 W. Lake St., Minneapolis; 612-871-1326. —JESSICA ARMBRUSTER

SUNDAY 3.24

BOOKS NORA MCINERNY

PARKWAY THEATER

When Nora McInerny released her first book, *It's Okay to Laugh*:

(*Crying Is Cool Too*), she gave readers a look inside the roller-coaster ride of emotions she experienced while meeting, falling in love with, and ultimately losing her husband to cancer. Since then, she's remarried, had another baby, helped people through her nonprofit, Still Kickin', and created a podcast, *Terrible, Thanks for Asking*. Now she's getting ready to celebrate the release of her sophomore book, *No Happy Endings*, with a big party at the Parkway Theater. But just because she's moved forward in her life doesn't mean that she's shut the door on her past. "It's easy for people to look at me and say, 'That terrible thing that happened is over!' But what they don't realize is that it's just life after life. It's rebuilding after life falls apart, and it's a never-ending process." Balancing the love and joy of her present with the pain of her past was the motivation for this book, which McInerny says is less of a sequel and more of a new story. "It stands on its own," she explains. "If you read the first book, you'll know some of the characters, but it's really a story of its own." As for the party, it'll be exactly that—a party. "It's a reading, it's a party, it's a Q&A. It's going to be comfortable and it's going to be fun." In addition, at this event you'll get your copy of the new book a couple of days before the public, making you the envy of your book club. 2 p.m. \$35 (includes book); online tickets recommended, visit parkwaytheater.com. 4814 Chicago Ave., Minneapolis; 612-822-8080. —PATRICK STRAIT

ANNUAL SKV I HIBU

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MAR 23 SLUG WIFE Kursa, Seppa & Broken Note	MAR 28 Flash Mountain Flood w/The Fam	APR 6 Stevie Ray Vaughan Tribute
APR 12 Sunsquabi w/Defunk	APR 17 KUNG FU	APR 18 Euforquestra
APR 19 Satsang w/smokin joe	APR 20 ROLLING STONERS	APR 27 Tubby Love Amber Lily

Shows at The Whiskey

3/22 Mark Joseph & Friends
3/23 Band on The Rocks
3/27 Underlier, Crown Magnetar
3/29 West Bank Polka Night
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WED
3/20

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THU
3/21

CHILI COOK-OFF
LAST BOWL OF CHILI BEFORE SPRING
with THE LOST MARBLES
and HIGH STRUNG STRING BAND

FRI
3/22

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THE CUSTOMERS**

WED
3/27

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FRI
3/29

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Hurricane Harold
with The Doug Otto Experience
Marc Gartman

SAT
3/30

MID WEST MUSIC FESTIVAL PRE-PARTY
THE BAD MAN
ELEGANZA! • RLGDPL
NOAH ENGH • TONY BORDSEN

FRI
4/5

ALBUM RELEASE PARTY
GB LEIGHTON
with ALI GRAY

WED IN
MARCH

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FILM

WOMAN AT WAR

Climate change tale is variably comedic, odd, and thrilling



MAGNOLIA PICTURES

BY TONY LIBERA

If you believe in science, climate change is one of the greatest threats facing humanity. Each new day moves us closer to the point of no return. But with an issue this complex, how does one person even begin to do something?

That's the question at the heart of *Woman at War*, a genre-blurring narrative from director Benedikt Erlingsson. It's the story of a middle-aged choir director named Halla (Halldóra Geirharðsdóttir), who spends her free time trekking the Icelandic highlands and sabotaging the country's aluminum industry. For Halla, there's little uncertainty about how to act and no doubt whatsoever about the virtue behind her deeds.

"What I have done," she tells a new friend early in the movie, "I believe with all my heart to be right."

After downing some power lines and aggravating local bigwigs, Halla discovers that the adoption application she put in four years ago has finally gone through. Now she must decide whether her eco-warrior moonlighting is worth the risk of missing out on motherhood.

Though it's clear where the film's affections lie, *Woman at War* presents itself through an almost objective lens, serving as a means for discourse more than anything. It's didactic to be sure, but simply curious above all, with Erlingsson pondering geopolitics, definitions of eco-terrorism, and the lengths to which ordinary people should go in the fight against climate change. Halla may be resolved, but for the audience there are no easy answers.

Woman at War may sound a bit high-brow. Yet Erlingsson's clever genre play makes for a story that's variably comedic, odd, and thrilling. When Halla considers the orphaned Ukrainian girl she's planning to adopt, the filmmaker treats the movie like a tender drama. When she interacts with the three-piece band providing the soundtrack, the vibe turns indie quirky. And when our heroine becomes hell-bent on stopping The Powers That Be, *Woman at War* shifts into an outright action movie. As Halla puts her bow and arrow to use and leverages high-land hiding spots to evade the police, *Woman at War* begins to resemble *The*

WOMAN AT WAR

directed by Benedikt Erlingsson
Lagoon Cinema, now showing

Revenant or even *Rambo* more than any stuffy art piece.

If there's a knock against it, it's that *Woman at War* comes off at times as a bit unpolished. The band's appearances are hit-or-miss, and a subplot centered on the arrest of a Spanish tourist (Juan Camillo Roman Estrada) never reaches a satisfying conclusion.

The movie's flaws are easily forgivable though, and Erlingsson deserves credit for trying to make something unique. *Woman at War* is already slated for an American remake courtesy of Jodie Foster, so there's obviously plenty done right here.

Erlingsson and company walk a few fine lines and establish a decidedly different kind of think piece. As movies reflect our collective conscious, an influx of climate change dramas is as expected as it is necessary, and it's nice to see *Woman at War* setting a high bar. Though this is probably only the tip of the melting iceberg. **C+**

RIGHT TO CHOOSE

Roe follows the complex people post-case



RICH RYAN

BY JAY GABLER

When you want to know how accurate a biographical play or movie is, it's normally reasonable to think you could just go read the book. In the case of Norma McCorvey, though, there are two books: *I Am Roe* (1994) and *Won By Love* (1997). They're very different, and so was their author, who between the two titles was born again as an evangelical Christian.

Lisa Loomer could have taken McCorvey's story as a *Rashomon*-like meditation on the elusiveness of truth, but in her new play, *Roe*, the writer is after something less abstract. *Roe* is about the way women like McCorvey have become contested symbols in an abortion debate that too often points to legal principles or theological dicta instead of the actual lives of women who seek to end pregnancies.

Commissioned by the Oregon Shakespeare Festival in 2012, *Roe* has been optioned for Broadway and is now at Mixed Blood Theatre in an original production.

The script is sprawling, and the show, led by director Mark Valdez, is uneven, but it's also very clear why Loomer's resonant take on this story feels so urgent.

Taking an iconic figure—McCorvey, “Jane Roe” in the 1973 Supreme Court decision legalizing abortion—Loomer brings her down off the pedestal and introduces us to a character more complex than anyone's hero or villain.

Tracey Maloney was a natural choice to play McCorvey; she's unfailingly sympathetic across a range from angelic to earthy. She uses all of that range in *Roe*, starting in a first act that champions her as the deserving client of Sarah Weddington (Laura Zabel), the young attorney who takes *Roe* to the very summit of the U.S. court system. Zabel is superb as a resolute advocate.

Like Sondheim's *Into the Woods*, *Roe* pulls a dramatic needle-scratch at the end of a seemingly triumphant first act: It ain't over yet. The second act contains the play's most challenging scenes, as a crusading minister (Michael Booth) sets

ROE

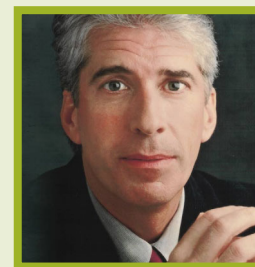
Mixed Blood Theatre
15 S. Fourth St., Minneapolis
612-338-6131; through March 31

out to convert “Roe” herself. Loomer gives these conversations the time they need to be convincing: Although the play as a whole is unambiguously pro-choice, the playwright honors McCorvey's agency.

There's much more to this ambitious play that also explores McCorvey's relationships with several other characters, most notably her longtime romantic partner, Connie. In that role, Lisa Suarez has perhaps the play's most powerful moment when, having supported McCorvey through so much, Connie has to draw the line at following her beloved down a homophobic path.

None of the play's relationships come into focus as they might in a simpler script, and among the cast only priceless supporting player Bonni Allen knocks every scene out of the park, but *Roe* is a bracing take on a case that remains very much open. **C**

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HENRY FORCELLE

24, ARTIST

What are you wearing?

Custom hat by Hive, Céline scarf, Paul Smith button-down, pants by Rodd and Gunn, coat by Billy Reid, Adidas shoes.

Describe your style:

Fun and fresh.

One thing in your closet you couldn't live without:

My Crocs.

If your style were an era of art, what would it be?

Fauvism. I find color to be a key thing with my style and the abstract value to it.

If your style were a song, what would it be?

Little Dragon's "Lover Chanting." The way it has high and low points reflects my style.



CEJ BEACHAMFRASIER

27, ARTIST

What are you wearing?

My whole outfit is thrifted from b. Resale, except my boots, which are a Hunter Target collaboration, and my earrings made by a local jeweler, Object and Subject.

Describe your style:

Mad simple but very complicated.

One thing in your closet you couldn't live without:

A button-up shirt; it's so versatile.

Trend prediction for spring 2019:

Lots of pockets but not cargo pants.



CARLOS MONTOYA

22, STUDENT

What are you wearing?

Stone Island hoodie and nylon cargo joggers, Nike hat, Blush Yeezy 500s.

Describe your style:

Simple. I don't like to go over the top but I like to wear high-quality clothes.

One thing in your closet you couldn't live without:

My denim.

Your favorite place to shop in Minnesota:

Martin Patrick 3; they have a selection you can't find anywhere else in Minnesota and tailor everything to your needs.



KARLA MONTOYA

24, MERCHANDISER AND BUYER

What are you wearing?

Thrifted pants, "RIP" American Apparel bodysuit, vintage Yves Saint Laurent jacket from b. Resale, and Tretorn sneakers.

Describe your style:

Classic, luxe, and comfortable.

One thing in your closet you couldn't live without:

My fur coats.

Your favorite place to shop in Minnesota:

That's tough, it's between gh2 and Fashion Ave.

Who is currently your favorite designer?

Peter Cohen. Great fabrics and even better fits.

SKYWAY THEATRE

UPCOMING SHOWS

MAR 20 CHILDREN OF BODOM W/ SWALLOW THE SUN & MORE 	MAR 21 DOOBIE W/ KRASH MINATI & MORE 	MAR 21 MEMBA W/ LOCAL SUPPORT 	MAR 22 IF EYE MAY & EX-SUPERMODELS W/ MORE 
MAR 22 DIESELBOY HEART OF DARKNESS TOUR 	MAR 23 KEYS N KRATES DJ SET 	MAR 28 TRIPZY LEARY W/ LOCAL SUPPORT 	MAR 28 T-PAIN 1-UP TOUR 
MAR 29 BARONESS & DEAFHEAVEN W/ ZEAL & ARDOR 	MAR 29 LUCA LUSH (RESCHEDULED) 	MAR 30 ZOMBOY W/ SPACE LACES & MORE 	MAR 31 MILKK & THE ORPHAN THE POET 
APR 04 POGMAN W/ CHIME 	APR 05 CRANKDAT W/ RAY VOLPE, MINESWEEPA & MORE 	APR 06 HYPOCRISY & FLESHGOD APOCALYPSE 	APR 06 RAVE OF THRONES FT. DJ HODOR 
APR 07 LIL MOSEY W/ LIL TJAY & MORE 	APR 07 CALLING ALL CAPTAINS W/ SUPPORT TBA 	APR 09 CROWN THE EMPIRE & WE CAME AS ROMANS 	APR 10 NOBLE BODIES W/ LOCAL SUPPORT 
APR 11 NATIONAL PARKS & WILD 	APR 11 HATCHA W/ LOCAL SUPPORT 	APR 12 MALAA W/ MATRODA 	APR 13 PLAID HAWAII & LWKY W/ JAILBREAK 
APR 13 TISOKI W/ LOCAL SUPPORT 	APR 14 ELECTRIC WIZARD W/ SUPPORT TBA 	APR 14 DABABY HOSTED BY BUDDY VEGAS 	APR 18 ECHOS W/ LOCAL SUPPORT 

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04/20 HEROBUST
04/25 TVBOO & SHANGHAI DOOM
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04/26 MOTIONLESS IN WHITE & ATREYU

04/26 DABIN
04/27 JAI WOLF
05/01 MC LARS, MC FRONTALOT & MORE
05/02 THE VEER UNION W/ NEVERWAKE
05/03 VINCENT

05/04 ADVENTURE CLUB
05/05 BOBAFLEX
05/10 CLOZEE
05/10 PERTURBATOR
05/11 DION TIMMER & DUBLOADZ

05/12 HATEBREED
05/15 ANIMALS AS LEADERS
05/16 PARTYWAVE & PUSHLOOP
05/18 FKJ
05/25 PHASEONE W/ SLIMEZ

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RANDY VANDERWOOD

HEART ON HER SLEEVE

Katy Vernon shares her journey toward healing and recovery on *Suit of Hearts*

BY ERIK THOMPSON

The English seaside has inspired generations of artists, and now Katy Vernon can be added to that list.

In 2017, Vernon's life was in disarray. She had recently left her job, quit drinking, and been diagnosed with depression. Amid all that emotional upheaval, she left Minnesota for a six-week run of shows in the U.K.—and began writing the best songs of her life.

"I started to get help for my depression, and I resolved to not drink to numb my feelings and self-medicate," Vernon says now. "I allowed myself to really work through all that stuff that I was suppressing. I thought that I was really self-aware. I had written all these songs about feelings and being present—*Present* is literally the name of my last album. I'd done a lot of work on myself, but I was kind of missing the big picture,

which was that there was something wrong with me that could be fixed, or at least helped."

Vernon, who was born and raised in South London and moved to Minnesota when she was 21, brought that newfound sense of clarity with her as she ventured back home to the U.K. "I was really, really scared to do it," she says of the trip. "I knew it would be a lot of time by myself, which as a newly sober person I didn't really trust myself 100 percent with. Also, it was in the U.K., where you can find alcohol everywhere you turn. But I went with the encouragement of my husband, who said, 'Go for it. You love music. You love playing. It will be an adventure.' So, I just jumped on a plane and did it."

Performing at two large-scale ukulele festivals inspired Vernon to develop a

new style of playing and to challenge herself as a songwriter, developing techniques that she would use to write the songs that would eventually form *Suit of Hearts*, her third and best solo record.

"I was so happy to be there and playing, but I felt so intimidated. These were the best ukulele players in the world," says Vernon. "I set myself the task of throwing everything I knew about songwriting out the window, and just trying to start over. I tried to write with all new chords, nothing I had done before. And a lot of grief and stress poured out of me. I knew I wanted to write my way out of that.

KATY VERNON *SUIT OF HEARTS* RELEASE SHOW

Parkway Theater in
Minneapolis
Saturday, March 23

I knew I wanted to write a happy album that would cheer me up, even though I had to dig deep in order to get there. I wanted to make myself feel better and see that

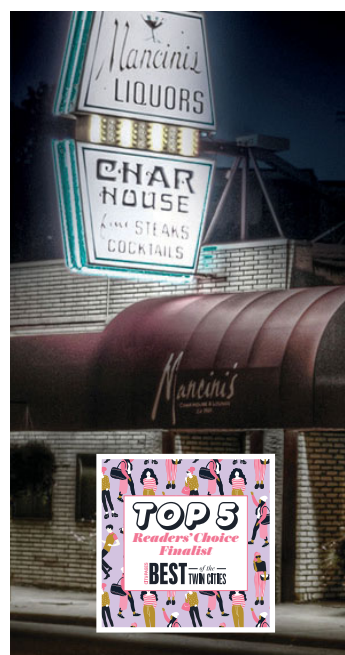
light at the end of the tunnel."

Intimate and unguarded, the songs on *Suit of Hearts* transform sad memories into happier moments. "Home" offers a glimpse of someone who feels like they don't belong anywhere, feeling homesick for a place that doesn't exist anymore, while "In Your Shoes (For Daisy)" offers support and encouragement to her daughters.

For Vernon, who has been an orphan for 30 years, the trip to the U.K. also took on a personal significance. With her cousin as a guide, she took a sightseeing tour of Wales, visiting the places where her mom grew up and locations that were important to her.

"I went back to the hospice where my mom died. That was the last place I saw her. I was 12 years old," Vernon says. "But I was asked to put on a concert there. It was my first time walking back in that building. And there were all kinds of sad memories. But I was there to put on a concert for young people going through terminal illnesses, so I had to check my own issues at the door and not bring them in with me. So I sang, and it was a really lovely event. And that really changed my memory of the place. Those kinds of experiences are so good, to push yourself through and create a happier memory out of somewhere."

Vernon threads layers of her mom's speaking voice, from a long-lost interview with her on the BBC program *Panorama*, into the song "Somebody's Daughter's



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MUSIC

Daughter,” a way for the singer to have her mother personally involved in an album that drew so much inspiration from her.

“I sat on the same beach that my cousin was telling me was my mom’s favorite beach,” Vernon says. “And it was such a powerful moment, of realizing both the end and the beginning of my mom’s life, and all this stuff that I didn’t know about her. How joyful that all was for me. ‘Somebody’s Daughter’s Daughter’ was inspired by that day at the seaside. Because I thought, as lost and lonely as I feel, I did come from a family. There is a heritage there, I just didn’t grow up with it and I didn’t know it. And I felt really British, and connected to the land. And I realized that I’m not this broken, rubbish person. I came from something nice, I’m lucky enough to have a happy, healthy family myself. There’s a lot to celebrate.”

And *Suit of Hearts* is indeed celebratory, even hopeful despite the songs’ fractured origins, with lyrics focused on reassembling a life from its broken fragments. As Vernon sings on the title track: “You wear your suit of hearts/You tear yourself apart/But you’re not broken/Just a little rearranged/And none of us get out of here/Without a little change,” Vernon sings on the title track. Vernon

acknowledges the flaws and failures of her past, while rejoicing in the fact that she has changed her life—and her music—in a positive way.

“The little throwaway line I have in my Twitter bio says, ‘Singer of sad songs on a happy instrument,’” Vernon says. “It took me a while to even realize what that meant to me. And I think I was always a little embarrassed or insecure about how heart-on-my-sleeve I was about grief or any of those things that were difficult to sing about. But the more that I think about it, I’m the happy instrument. I’ve always loved singing and dancing and being a goofball, so that balances out this sad, kind of intense stuff I want to write about.”

Though a full band backed her in the studio, and the Laurel String Quartet and the Prairie Fire Lady Choir also appear on the album, Vernon proudly asserts that *Suit of Hearts* is first and foremost a ukulele record.

“In the past, I thought that I would be taken more seriously if I played at least half my songs on guitar,” Vernon says with a laugh. “But I realized that’s really silly. It’s still me. And I want people to realize that you can still front a band with a ukulele and it doesn’t have to be this twee, cutesy thing. It can really rock.” **G**

CRITICS’ PICKS

LEIKELI47

AMSTERDAM BAR & HALL,
THURSDAY 3.21

Even with a Jay-Z cosign, experimental Brooklyn rapper and singer Leikeli47 is one of hip-hop’s best-kept secrets, typically concealing her identity with a mask. But her delivery and songwriting aren’t so enigmatic. Last year’s *Acrylic* is the first in a planned beauty-themed trilogy, unveiling her talents as a conceptualist as she set songs in and outside a neighborhood nail salon—a backdrop ideal for songs about the everyday lives of people of color and, particularly, black women. Its beats—ecstatic, propulsive, genre-jumping—don’t blur or distract from her message or perspective, they just amplify the urgency. *18+*, 8 p.m. \$18/\$22. 6 W. Sixth St., St. Paul; 612-285-3112.

—MICHAEL MADDEN



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UPCOMING SHOWS

Mar 28 Pelham
LP release with Lucid VanGuard,
Martin Devaney, SimpleMachines

Mar 29 Get Up, Stand-Up
Comedy Open Mic

Mar 30 Savannah Smith
Album Release Party
with Actual Wolf & Jake Jones

Apr 4 We Are The Union, The Code,
Dollar Signs, Tightwire

Apr 6 Lake Avenue Release Show
with Pierre & American Revival

Apr 7 BPM Beat Battle

Apr 10 Boot R&B, GooGooMucks,
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Apr 11 Magic Shoppe,
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MUSIC CRITICS' PICKS

MODERNMEDIEVAL

SUMMIT CENTER FOR ARTS
& INNOVATION, FRIDAY 3.22
& SATURDAY 3.23

As this a cappella trio's name suggests, ModernMedieval straddles centuries, linking the alluring, refined realms of early and new music with exquisite vocals. In this SPCO Liquid Music program, MM members Jacqueline Horner-Kwiatk (late of Anonymous 4), Eliza Bagg, and Abigail Lennox (both of Roomful of Teeth) will perform ecstatic chants by renowned 12th-century composer Hildegard von Bingen. They will also be joined by celebrated new music composers Julianna Barwick, Ben Frost, and Angélica Negrón, each presenting newly commissioned pieces; some combine voices and electronics. 8 p.m. \$20-\$25. 1524 Summit Ave., St. Paul; 651-291-1144. —RICK MASON

UNCLE ACID & THE DEADBEATS

FIRST AVENUE, MONDAY 3.25

Uncle Acid emanate from Cambridge, England, aswirl in an early-'70s time warp, when melody still mattered amid the wildest frenzy, and hard rock hadn't yet devolved into metal. Acid head composer, guitarist, and quavering vocalist Kevin Starrs, abetted by rotating Deadbeats, revs psychedelic fuzztones, early Black Sabbath crunch, Beatlesque hooks, flaming guitars, and a wickedly playful goth-doom vibe. UA's psychotic-reaction rock is eccentric fun flirting with serious intent. Starrs ain't no T.S. Eliot, but his lyrics on the new Wasteland effectively probe dystopian trauma. Graveyard and Demob Happy open. 18+. \$25. 6 p.m. 701 First Ave. N., Minneapolis; 612-338-8388. —RICK MASON

ST. PAUL & THE BROKEN BONES

PALACE THEATRE, SATURDAY 3.23

Not to be confused with the consequences of negotiating our capital city's icy sidewalks, Birmingham, Alabama's St. Paul and the Broken Bones are a terrific R&B/neo-soul band influenced by Muscle Shoals and Memphis and led by charismatic gospel-inspired singer Paul Janeway. On last fall's release of the band's third album, *Young Sick Camellia*, the music's roots fracture in myriad experimental directions. Dashes of electronics, hip-hop, strings, and funk complicate the core horn attack with numerous subtle innovations. Janeway meanwhile continues his Southern-bloodied sociopolitical musings. Michael Nau opens. 18+. 8:30 p.m. \$30-\$50. 17 W. Seventh Pl., St. Paul; 612-338-8388. —RICK MASON

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FREE WILL ASTROLOGY

>> By Rob Breznysy

♈ ARIES (March 21-April 19): During the coming weeks, everything that needs to happen will indeed happen only if you surprise yourself on a regular basis. So I hope you will place yourself in unpredictable situations where you won't be able to rely on well-rehearsed responses. I trust that you will regard innocence and curiosity and spontaneity as your superpowers. Your willingness to change your mind won't be a mark of weakness but rather a sign of strength.

♉ TAURUS (April 20-May 20): In the animated kids' film *Over the Hedge*, 10 talking animals come upon a massive, towering hedge they've never seen. The friendly group consists of a skunk, red squirrel, box turtle, two opossums, and five porcupines. The hedge perplexes and mystifies them. It makes them nervous. There's nothing comparable to it in their previous experience. One of the porcupines says she would be less afraid of it if she just knew what it was called, whereupon the red squirrel suggests that from now on they refer to it as "Steve." After that, they all feel better. I recommend that you borrow their strategy in the coming weeks. If a Big Unknown arrives in your vicinity, dub it "Steve" or "Betty."

♊ GEMINI (May 21-June 20): I urge you to locate a metaphorical or very literal door that will give you access to a place that affords you more freedom and healing and support. Maybe you already know about the existence of this door—or maybe it's not yet on your radar. Here's advice from Clarissa Pinkola Estés that might help. "If you have a deep scar, that is a door," she writes. "If you have an old, old story, that is a door. If you love the sky and the water so much that you almost cannot bear it, that is a door. If you yearn for a deeper life, a full life, a sane life, that is a door."

♊ CANCER (June 21-July 22): Musician Carole Kaye is the most famous bass guitarist you've never heard of. Over the course of five decades, she has plied her soulful talents on more than 10,000 recordings, including gems by Frank Zappa, Stevie Wonder, Frank Sinatra, Simon and Garfunkel, and the Beach Boys. Twenty-seven-time Grammy winner Quincy Jones has testified that Kaye has written "some of the most beautiful themes I've ever heard in my life" and that she "could do anything and leave men in the dust." I trust this horoscope will expand the number of people who appreciate her. I also hope you'll be inspired to become more active in spreading the word about the gifts that you have to offer the world. It's high time to make sure that people know more of the beautiful truth about you.

♊ LEO (July 23-Aug. 22): "When you want happiness, what are you wanting?" asks aphorist Olivia Dresher. The repeat of an event that made you feel good in the past? A sweet adventure you've thought about but never actually experienced? Here's a third possibility. Maybe happiness is a state you could feel no matter what your circumstances are; maybe you could learn how to relax into life exactly as it is, and feel glad about your destiny wherever it takes you. In my opinion, Leo, that third approach to happiness will be especially natural for you to foster in the coming weeks.

♊ VIRGO (Aug. 23-Sept. 22): There are old traditions in many cultures that pay special attention to the first brick or stone that is laid in the earth to initiate the construction of a future building. It's called a cornerstone or foundation stone. All further work to create the new structure refers back to this original building block, and depends on it. I'm pleased to inform you that now is a favorable phase to put your own metaphorical cornerstone in place, Virgo. You're ready to begin erecting a structure or system that will serve you for years to come. Be sure you select the right place for it, as well as the best building materials.

♊ LIBRA (Sept. 23-Oct. 22): Born under the sign of Libra, Ivan Kharchenko (1918-1989) was a military officer and engineer for the Soviet army. His specialty was disarming explosive devices before they detonated. Over the course of his career, he defused an estimated 50,000 bombs and mines. Let's make him your patron saint for the coming weeks. Why? Because I suspect you will be able to summon a metaphorical version of his power: an extraordinary capacity to keep volatile situations from blowing up. You'll be a virtuoso at waging peace and preventing strife.

♊ SCORPIO (Oct. 23-Nov. 21): There was a time, less than a century ago, when pink was considered a masculine color and blue a feminine hue. In previous eras, many European men sported long hair, wore high heels, and favored clothes with floral patterns. Franklin D. Roosevelt, one of America's most prominent 20th-century presidents, sometimes wore skirts and feather-bedecked hats as a child. With these facts as your keystone, and in accordance with astrological omens, I encourage you to experiment with your own gender expressions in the coming weeks. It's prime time to have fun with the way you interpret what it means to be a man or woman—or any other gender you might consider yourself to be.

♊ SAGITTARIUS (Nov. 22-Dec. 21): According to estimates by population experts, about 109 billion humans have been born on planet Earth over the millennia. And yet I'm quite sure that not a single one of those other individuals has been anything like you. You are absolutely unique, an unmatched treasure, a one-of-a-kind creation with your own special blend of qualities. And in my prophetic view, you're ready to fully acknowledge and celebrate these facts on a higher octave than ever before. It's high time for you to own your deepest authenticity; to work with extra devotion to express your soul's code; to unabashedly claim your idiosyncratic genius.

♊ CAPRICORN (Dec. 22-Jan. 19): We don't know as much about European history between the sixth and ninth centuries as we do about other eras. Compared to the times that preceded and followed it, cultural and literary energies were low. Fewer records were kept. Governments were weaker and commerce was less vigorous. But historians don't like to use the term "Dark Ages" to name that period because it brought many important developments and activities, such as improvements in farming techniques. So in some ways, "Lost Ages" might be a more apropos descriptor. Now let's turn our attention to a metaphorically comparable phase of your own past, Capricorn: an era that's a bit fuzzy in your memory; a phase about which your understanding is incomplete. I suspect that the coming weeks will be an excellent time to revisit that part of your life and see what new evidence and insights you can mine.

♊ AQUARIUS (Jan. 20-Feb. 18): Why do some American libraries ban certain books, ensuring they're unavailable to local readers? The reasons may be because they feature profanity or include references to sex, drug use, the occult, atheism, and unusual political viewpoints. Marjane Satrapi's *Persepolis* is one of the most frequently censored books. Others are Maya Angelou's *I Know Why the Caged Bird Sings*, Toni Morrison's *Beloved*, and *The Kite Runner*, by Khaled Hosseini. In my astrological opinion, these are exactly the kinds of books you should especially seek out in the coming weeks. In fact, I suggest you commune with a variety of art and ideas and influences that are controversial, provocative, and intriguing.

♊ PISCES (Feb. 19-March 20): At the age of 97, Piscean cartoonist Al Jaffee is still creating new material for the satirical *Mad* magazine, where he has worked since 1964. There was one 63-year stretch when his comic stylings appeared in all but one of *Mad*'s monthly issues. I nominate him to be your role model during the next four weeks. It's a favorable time for you to access and express a high degree of tenacity, stamina, and consistency.

freewillastrology@freewillastrology.com

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sun : march 24
3-5pm : the experience room
with becky kapell
8pm : trivia mafia

mon : march 25
7-9:30pm : benefit for pauly teravskis
8pm : the roe family singers
10pm : doug otto and friends

tue : march 26
7-9pm : t.e.e. tuesday early evening
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66					67					68			
69						70					71		

RATE CHANGE

BY BRENDAN EMMETT QUIGLEY

Across

- 1 “War on Poverty” pres.
4 Amount of goo
8 Key with 4 sharps: Abbr.
12 Punch but good
14 State of confusion
16 Beast ____
17 Physics unit
18 Game building
19 Whiny brat’s sound
20 Just-add-water pills?

- 23 Overact
25 Takes in
26 Needlefish
27 Cleaner named after a Trojan War hero
31 Religious ceremony
35 Assns.
37 Ottoman Empire officer
39 Skip on, as activities
40 Ode stanza rapped by Wu-Tang’s GZA?

- 43 Now, in Nicaragua
44 Morales of Netflix’s “Ozark”
45 Magazine whose name is a pronoun
46 Smartphone feature
48 Art dealer Glimcher
50 Wednesday’s cousin
51 Candy vehicle of the ’70s
53 Dustin’s X-rated role
55 Show that changes all of comic Kaling’s costars?

- 61 Treat whose name is outlined in blue
62 Film selections?
63 Comment after a spectacular faceplant
66 “Leave the premises”
67 Gambler’s gambit
68 Gray grp.?

- 69 Listening devices
70 It has a cap and can sometimes be replaced
71 Ultimate degree

Down

- 1 Drugs on blotters
2 Gonzo journalism precursor Nellie
3 Event that seniors typically don’t attend
4 Exam where your rich parents might bribe to raise to the max score of 800: Abbr.
5 Turkish cabbage
6 Rural farm workers
7 Hits close to home?
8 Highest-paid actress of 2017
9 Drop anchor
10 Maroon 5 douchebag Levine
11 Actress Malone
13 Fine fellow
15 Writing material
21 Continental divide?

- 22 German poet Heinrich
23 Female arachnid’s pouch
24 Senator McSally
28 Rasta’s god
29 “A Death in the Family” writer James
30 African language with a clicking “X” sound
32 Baseball player who can play many positions

- 33 Mom and Pop, e.g.
34 Get beat by
36 Sensitive topics?
38 Way off in the distance
41 Deprive of water
42 Tom Collins ingredient
47 Maker of the VCS game system
49 Crossword bird
52 Type of sweater
54 1998 Sarah McLachlan hit
55 Nearly all
56 Black-and-white mammal
57 Bring in
58 One with control of their faculties
59 Metz miss: Abbr.
60 It might be uncharted territory
64 Boxer’s scrap
65 Autobahn speedometer meas., or what letters are swapped in each theme answer

Last Week’s Answer

N	O	A	H		C	A	R	T			B	A	N	S	
B	R	I	E		O	R	E	O	S		I	R	O	N	
A	B	R	A		I	N	F	A	R	T		C	U	B	A
				P	D	F		C	S	I	C	Y	B	E	R
O	H	I	S	E	E		T	O	R	E	C	A	L	L	
P	A	W		A	T	L		S	A	L					
E	N	O					T	O	D	O		S	E	A	N
C	O	N	S	C	I	O	U	S	N	E	S	S	O	F	
		I	T	O		P	E	L	E		S	T	A		
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O	N	E	S	M	I	N	D		K	R	A	M	E	R	
S	A	L	V	A	D	O	R		P	I	X				
S	O	L	I		D	R	A	W	A	B	L	A	N	K	
I	M	E	D		Y	A	N	N	I		E	R	I	E	
E	I	N	E				D	O	W	N		S	E	X	Y

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Falling for Asian guys

Are my preferences racist?

I'm a straight white woman in my early 30s. In theory, I've always been into men of all races—but in practice, most of my exes are Latino and white.

In September, I met this really handsome Chinese American guy, and I feel like he rewired me. I've been exclusively attracted to Asian guys since. I'm not writing to ask if this is racist, because I'm not asking these guys to, like, speak Korean to me in bed or do any role-playing stuff. We just date and have sex, same as my past relationships.

But if any of these dudes saw my Tinder matches, they'd be like, "This woman has a thing for Asian guys." Which I do, but it's pretty new. Is this normal? Do people just change preferences like that?

Also, can you do a PSA about Asian dicks? In my recent but considerable experience, they run the gamut from average to gigantic. If small Asian dicks were a thing, I would have encountered at least one by now. That shit is a myth.

ASIAN MALE/WHITE FEMALE

Here's my general take on race-specific sexual preferences: So long as you can see and treat your sex partners as individuals and not just as objects—we are all also objects—and so long as you can express your preferences without coming across as and/or being a racist shitbag, and so long as you've interrogated your preferences to make sure they're actually yours and not a mindless desire for what you've been told you're supposed to want (i.e., the currently prevailing beauty standard or its equally mindless rejection, the "transgressive" fetishization of the "other"), then it's okay to seek out sex and/or romantic partners of a particular race.

I ran my general take on race-specific sexual preferences past Joel Kim Booster—a writer and comedian whose work often touches on race and desire—and he approved. (Whew.)

"It doesn't sound like her new-found preference for Asian men has anything to do with the uncomfortable fetishization of culture," said Booster. "It's good that she's not asking them to speak Korean or do any sort of Asian



Dan Savage

role-playing—something that's been asked of me before (and it's a bummer, trust). Her interest in Asian men seems to be mostly an aesthetic thing, which you certainly can't fault her for: There are a lot of hot Asian dudes out there."

Booster also had some questions for you.

"It's not uncommon for people later in life to discover that they're attracted to something they'd never considered sexy before—full-grown adults are out here discovering they're bi every damn day," said Booster. "But she went 30 years before she saw one Asian man she was attracted to? And now this guy has 'rewired' her to be attracted only to Asian men?"

"If she was chill about it and just started adding Asian men into the mix, this wouldn't seem like an issue," added Booster. "But from what I can gather, she has shifted to exclusively fucking Asian guys and feels the need to write a letter about it. That feels like a red flag, and yet I can't pinpoint why."

Maybe you're just making up for lost time, and your desires/preferences/Tinder profile will achieve a racially harmonious equilibrium at a certain point. But make sure you don't treat Asian guys like you're doing them a favor.

Follow Joel on Twitter @ihatejoelkim, and visit his website ihatejoelkim.com.

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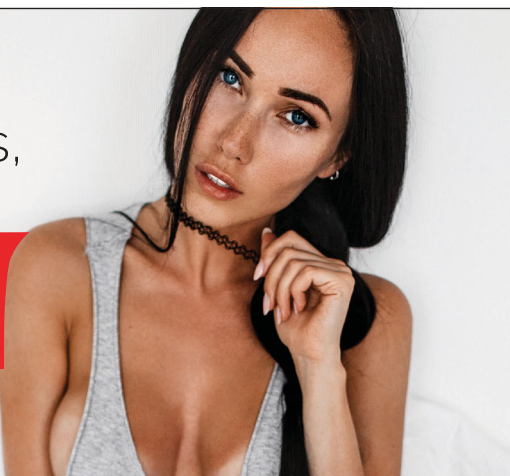
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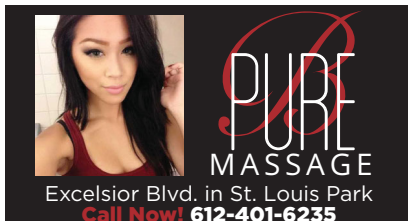
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